



NORTHERN CALIFORNIA SENIORS TRACK CLUB, Inc.

(For Men and Women 30 Years and Older)

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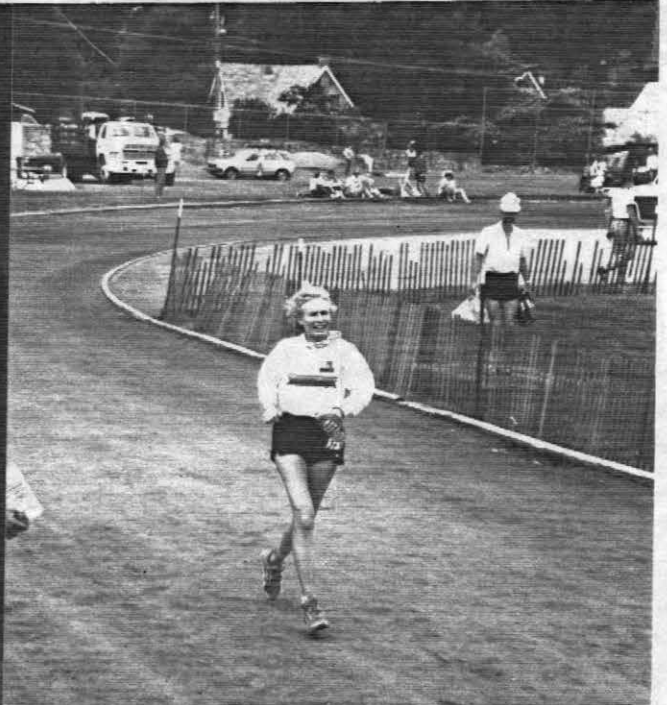
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photos by Ruth Anderson

JOAN SZARFINSKI (W50-54) finished the Western States 100 miles on June 28, 1992, in 29 hours 31 minutes and 53 seconds, winning the bronze belt buckle for her less than 30 hours time. She was the only No. Cal. Srs. Track Club finisher this year. Joan lives in San Francisco, and has been a club member since 1987.

Congratulations, Joan!



Left: Don Rose (5th) meets with three old friends (1st, 4th and 6th) and John Burns (2nd) and Phil Conley (3rd)

Photo by Shirley Dieterich

CLUB ID

TAC #: 109
CALIFORNIA CORPORATION #: 1275994
CALIFORNIA NON-PROFIT #: CT-61086

Martinez to Port Costa Brick Yard Run

Luka Sekulich, Director
1485 Darlene Drive
Concord, CA/94520
510/685-5185

Ken Carnine T&F Classic

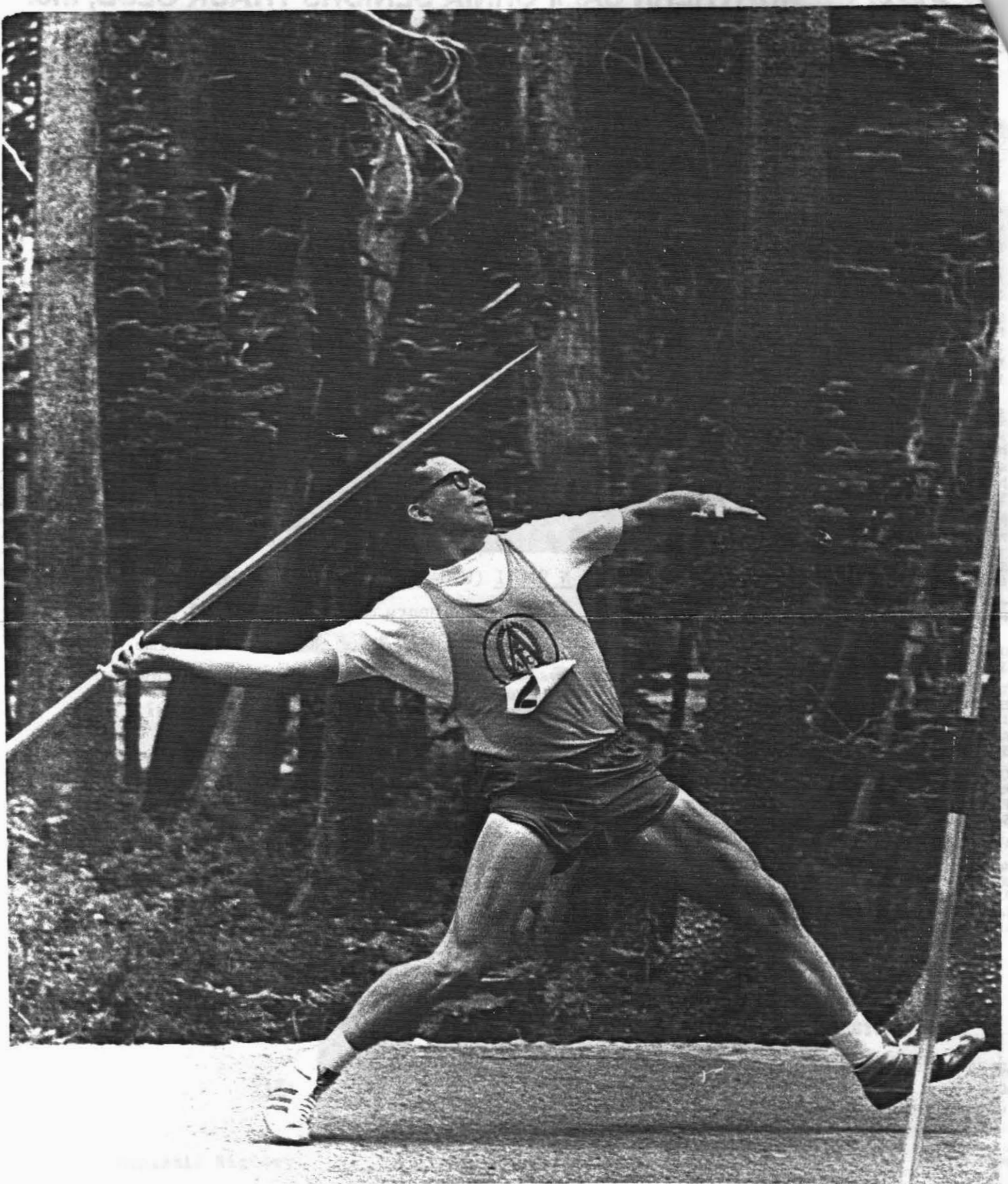
Michael Ackley, Director
4649 Oakbough Way
Charmichael, CA/95608
916/967-9003

Dick Houston Memorial Woodminster Run

Gail Wetzork, Director
3452 Capella Lane
Alameda, CA/94501
510/522-3724

NCSTC T&F CLASSIC

Jim Johnson, Director
1026 Murchison Drive
Millbrae, CA/94030
415/697-1889



J O H N B U R N S, at the age of 27, at the 1968 final Olympic trials, in the woods of Echo Summit, South Lake Tahoe, where he placed fifth. (cont. on p. 3)

When our new club member, John Burns, was asked to lend us a favorite photograph of himself for some idea of the history of his competition, he cooperated with the outstanding picture on the left. He said this was the most memorable fun competition of his career. It was preceded by a long series of Olympic qualifying meets and was the peak of his career with a 252' 7" throw. The facility was beautiful, the javelin runway being built amongst the trees. He participated in open competition until he was 33 years old.

John started in high school as a jumper, and a half miler, but at the age of 17 decided he needed another event. His 175' 1" javelin throw proved that to be his best event. At age 18 a 208' 9" won him second place in the Oregon State High School meet; he was beaten "by an expert, the record holder."

In 1960, as a freshman at the University of Oregon, his 216' 2" was the fifth best national distance. At age 20 in 1961, his 235' 9" qualified him for the NCAA; at age 21, 236' 1" won him the Western Canadian Championships in Vancouver, B.C. In 1963 at age 22 his 250' 1" was the University of Oregon school record, and fifth in the NCAA Championships; he won the Oregon AAU Championships. In 1964, at age 23, his 266' 0" in Portland, Oregon, was the best American throw that year in open competition. In 1965, at age 24, 250' 9" won him the West Canadian Championships again. In 1966, at age 25, 250' 11½" made him the Oregon AAU Champion and 4th in the National AAU Championships. At age 26, in 1967, 251' 8" won the USPF in the Nationals in Corvallis, and the Oregon AAU Champion again. In 1968, at age 27, his 252' 7" was fifth in the NAAU (see photo on left), and he won the Pacific AAU Championships at a TAC meet in Hayward. BUT MOST IMPORTANT OF ALL HE RECEIVED HIS DENTAL CREDENTIALS. And at age 28 (1969) BRENT WAS BORN! He threw 244' that year and only a few times the next two years. From 1970-1973 he threw a consistant distance, with a respectable 240' 11½" in 1973, winning the Pacific Association Championships, and at age 33 retired from open competition.

John coached track, baseball, basketball and soccer, and had four national age group (children) champions.

At age 40, in 1981, John came back with a 203' 11" throw winning the national masters championships. Eight years later (1989) a 178' 11" placed him fifth in nationals M45 group. In 1990 (at age 49) he threw 173' 5" and his 1992 173' 1" was a winning throw for our club. John says he has not had any injuries, "but in going back to training you have to be realistic about what your body can do."

John adds, "Phil Conley did so well for such a long period of time. He placed better than I did. When I was in dental school one of my friends who was in graduate school in Harvard told me about Phil Conley. About 1965 or 1966 I looked him up. Phil and Dave Maggard were throwing for California Youth Village when I came to California to train for the Olympics. Judy and I fell in love with the weather and we stayed. (They live in Lafayette.) Phil was a self made man. At my school, one coach and two overworked assistants laid out a program and left us to do it. Phil coached himself."

John's son, Brent, finished second in the 1992 NCAA Championships in Austin, Texas, with an 18' 8¼" pole vault height: this was a ninth all time college record, and the University of California record.

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-----Ed.

NOTICE

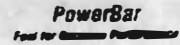
After the Ken Carnine meet, the clean up crew found a sweatshirt, sweat pants and a nice runner's watch. Would the owner please phone Michael Ackley at (916)967-9003?

NOTICE

Don Rose requests the help of anyone with a lap top computer to help compile results at the July 25-26 Chabot College meet.



50 K Endurance Run
 sponsored by
Golden Bay Runner
 with support from



AUGUST 2, 1992

- START:** 7:00 AM, Lake Chabot Marina, Castro Valley, California
- COURSE:** Loop. Dirt trails and fire roads out to Skyline Gate and then return along much of the Skyline Recreational Trail. Beautiful Scenery. This hilly, wilderness course is not designed for the beginning runner.
- AID:** There will be eight aid stations unevenly spaced long the route. Each station and the finish line will have water, first aid, sponges, Exceed, Coke, Power Bars, Edge Bars, fruit, and *great personnel*.
- ENTRY FEE:** \$35.00 preregistration if postmarked by July 20, 1992. \$43.00 after July 20. There will be a \$10.00 charge for any refunds after July 6. Entry fee includes T-shirt and finisher's medal.
- DIVISIONS:** Men and Women—18-29, 30-39, 40-49, 50-59, 60+. No one under 18 is allowed to run this race without parent's signature on the application.
- AWARDS:** Special awards to first overall Man and Woman, and awards to first through third divisions. Awards ceremony at 1:00 PM.
- PACKETS:** Information packets will be mailed to preregistrations postmarked by July 20. All runners will pick up their race numbers on race day at the registration area.
- PARKING:** Free parking is available on Lake Chabot Road. Parking in the lot costs \$3.00.
- For Race Information: Call Will Uher at 510-278-0451 before 9:00 PM.

MAIL ENTRY TO: Skyline 50K 16183 LYLE STREET, SAN LEANDRO, CA 94578

ENTRY FORM: Skyline 50K

T-SHIRT SIZE: S M L XL

Name _____ Age on Race Day _____

Address _____ x M F

City _____ tate _____ Zip _____

Phone _____ Running Club _____

Limitation of your legal rights! In consideration of your acceptance of this form, I hereby for myself, my heirs, administrators and assigns, waiver and release any and all claims for damages I may have against the sponsoring organizations or their representatives, successors and assigns, arising out of any and all injuries suffered by me while participating in the 1992 Skyline 50K Endurance Run, or traveling to or from this event. I hereby attest that I am physically fit to participate in this event. I understand that if I do not reach the Skyline Gate (13.8 ml.) by 10 AM, I will accept a ride back. I am also aware that the course will be closed at 2:30 PM.

Signature _____ Date _____

WELCOME, NEW MEMBERS!

Mandy Joslin, age 47, 751 Francisco St., San Francisco, CA 94133 (415/474-5523) was recruited by Jim Johnson. Her preferences are the discus, shot and javelin, and she has had some previous masters experience. Her mother, father and brother were pictured on page 12 of the April 1992 issue of the NMN at the Santa Barbara meet. Father, Leon has masters' records.

Wolfgang Schmulewicz, Age 39, 1866 46th Ave., San Francisco, CA 94122 (415/777-6254 bus.) was recruited by Mark Grubi. He runs the mile through the 10K. He says, "Once upon a time: 5000m in 13:31; S.F. High School 2 mile record holder of 9:03 set in 1971...Many years ago Coach Mark, with his fine eyes and training knowledge, corrected some major weaknesses in my running training. The result was that I was able to beat the fastest runner in the U.S., Paul Geis—who won the Pac 8, NCAA and AAU championships, the Bay to Breakers, Olympic trials winner as well as many other major races. If there was anything I ever regreted it was that I didn't train under Coach Mark earlier for perhaps all those championships could have been mine." A great addition to the membership!

Rogers P. Tezeno (age 36), 8 16th St., Apt. B, Richmond, CA 94801 (510/236-8548) was recruited by Mark Grubi who was impressed by his long jumps of over 20, as a novice, with his flats on. He will also attempt the 100M.

REPORTS FROM MEMBERS:

Craig Boyak, back in competition! He pole vaulted 15' 6" at Alhambra High School, Martinez, at the first of the Wednesday Eve. All-Comers Series, on July 1. He also planned to compete at the first of the Chabot College, Hayward All-Comers Series which began Tuesday, July 7. Keep these Tuesday and Wednesday All-Comers series in mind.

Alden Bryant is training regularly and consistently and Ed Manougian is showing speed and good form.

Sharlet Gilbert, of Richmond, was reported in the June 21 Examiner as sixth place women's finisher in the Grandma's marathon, Duluth, Minn., with a 3:38:00.

Mel Shine: Jan. 26 half marathon, I beat a 70 and 72 year old in 2:19, for 1st in 70+.

3/29/92, Houlihan to Houlihan, despite the two touch hills I did 1:16 in the 7½ miles--3rd for 70+.

5/31/92, Tandem Tandem Run, Cupertino--1st 80+ 58:13 10K, award, \$100 gift certificate Nordstroms.

5/17/92 Smartass 10K in Cotati. "They said they had a special category for me but I didn't have patience enough to wait for the long time awards (kids, costumes, etc.) so I think I won my category in well under 60 minutes."

6/20/91 Fujitsu 5 mile--5th in 70+ 47:09. "An unbelievable ovation when I received my award (I ran with my youngest son, Mike (42). And his daughter (my granddaughter) (7) who won a door prize of a \$300 bicycle.

"Am off to see my oldest son and family in Dallas and may run a 10K there."

Jackie Caselli reported a first in the 70+ (women) Fujitsu 5 mile (disappointed that it was a little slower than last year), and sent a copy of her invitation to the San Jose Sports Association banquet, at which she was named their female athlete of the year (the first year they have awarded seniors). She also did the Aptos Women's 5 mile. Congratulations, Jackie!

Ruth Anderson finished 2 ultras--the American River 50 and the Ruth Anderson 100K. Ruth plans to leave July 27 for England for 6 weeks. She will run in the Road Runners World Championships in Birmingham and will watch the World Olympics with friends on BBC. She will try a series of 5 races in a week on the Isle of Man--a half-marathon, 10 miles, 5 miles and two 4 mile races.

It is noted that Run-Cel reports GRAND PRIX standings so far of Sharlet Gilbert FIRST Masters woman, Richard Iaine

FIRST of the Super Senior Men, and Kit Pickles is FIRST of the Super Senior Women, in the LDR standings. Ruth Anderson is the FIRST Super Senior Woman and Richard Laine is the FIRST Super Senior man in the OLIM standing.

We expect the Woodminster results to be available for the next newsletter.

THE NEXT EXECUTIVE CLUB MEETING WILL BE AUGUST 5 AT THELMA RUBIN'S.

PLEASE HELP WHATEVER TIME YOU CAN JULY 25-26 AT CHABOT COLLEGE, HAYWARD.

RIVER CITY TRACK CLUB
PRE-NATIONAL TUNE-UP

SAME SCHEDULE, ETC.
AS JULY 18 MEET



DATE: Saturday, AUGUST 1, 1992

Michael Holzgang, p.o. Box 255131
Sacramento, CA., 95865
916-489-7881



DIRECTOR: Michael Holzgang

NAME (LAST) _____ (FIRST) _____

ADDRESS _____ CITY _____ STATE _____ ZIP _____

PHONE = _____ TAC # _____ CLUB _____

AGE/DOB _____ / _____ M _____ F _____ EVENTS _____

In consideration of my entry, I hereby waive all rights to claims of any kind against the meet sponsors, CSUS, City and County of Sacramento and the State of California and their agents. I attest that I have trained for this competition and am physically fit.

SIGNATURE _____ TOTAL FEES _____

RELAY CAPTAIN : Send entry for team & \$16

1992 TAC NATIONAL MASTERS TRACK & FIELD CHAMPIONSHIPS ENTRY FORM

(Please Print Clearly) Last Name _____ First Name _____

Affiliation/Club _____ M/F _____ Division _____ Age (On 8/13/92) _____

Address _____ City/State _____ Zip _____

Event #1 & Best Mark _____ x \$20 US _____

Event #2 & Best Mark _____ x \$15 US _____

Event #3 & Best Mark _____ x \$10 US _____

Event #4 & Best Mark _____ x \$10 US _____

Pentathlon & Best Mark _____ x \$20 US _____

Relay - Team Name _____ x \$40 US _____

Individual Relay Names: _____

T-Shirt _ S _ M _ L _ XL _ XXL (add \$2 for each XXL) Extra Shirts x \$7 US each _____

TAC Registration Number _____ TOTAL AMOUNT ENCLOSED _____

Method of Payment . . .
Check, Money Order or Cashier's Check in U.S. Dollars payable to "Spokane Sports Unlimited."

Mail to . . .
W. 3410 Fort George Wright Dr.
MS 3070
Spokane, WA 99204

WAIVER: I hereby declare I am in good health and properly conditioned for the competition, and of the stated age. I absolutely relieve the National Masters Track and Field Championships Organizing Committee, TAC/USA the sponsoring organization, Community Colleges of Spokane and all officials conducting the meet of any responsibility for any injury, loss or damage to myself or my property which I may sustain in the course of or in connection with the 1992 TAC National Masters Track & Field Championships.

Signature _____
Date _____

For publicity purposes, please list on the back any past accomplishments (Olympics, national masters, etc.), or enclose resume, photos or newspaper clippings.

AC NATIONAL MASTERS TRACK AND FIELD CHAMPIONSHIPS

SPOKANE, WASHINGTON • SPOKANE FALLS COMMUNITY COLLEGE • AUGUST 13-16, 1992

GENERAL INFORMATION

Meet: Vernie Foxley (509-533-3644)
 Directors: Maury Ray (509-533-3631)
 FAX - (509-533-4128)

ELIGIBILITY: Competition is open to all men and women 30 years of age and older. Age on August 13, 1992 will determine the competitor's age group. Individual competition will be held in age groups of five year increments starting at age 30. Relays will be held in age groups of 10-year increments. Proof of registration with The Athletics Congress will be required from all U.S. nationals at on-site registration. Foreign competitors are allowed to compete, but need to provide similar proof of registration from their country's governing body. Proof of date of birth will be required from all competitors at on-site registration. A driver's license, passport or birth certificate will be acceptable documentation.

AWARDS: TAC Championship medals will be awarded to the top three U.S. nationals in each age division of each event final. Duplicate awards will be given to foreign athletes who place. Competitors will receive a certificate of participation.

ENTRY FEES AND PROCEDURES: Entry fee is \$20 for first event, \$15 for second event and \$10 for each subsequent event; pentathlon \$20; and relay \$40 per team (must be pre-entered). The entry fee includes a t-shirt to be received at on-site registration. All entries must be received by July 13th, 1992. Confirmation of entry will be sent within seven days or no later than July 20, 1992. No entry will be considered complete unless it is accompanied by payment of fees, in full. There will be no refunds of entry fees for any reason. Changes after July 31 will be made only if lanes are available in existing heats.

LATE ENTRIES: The absolute final date for entries will be July 31, 1992, with \$20 late fee charged and no confirmation.

ON-SITE REGISTRATION & PACKET PICK-UP: Packets consisting of number, t-shirt and updated schedule and information will be available at track site beginning Wednesday, August 12 from 9 a.m. to 6 p.m. Other meet information will be mailed with entry confirmation.

ACCOMMODATIONS: We have negotiated special housing and meal packages which are lower than normal rates. All packages include taxes. Accommodations range from economy, moderate and superior, starting at \$186 for three nights double occupancy. Meal packages include continental breakfast for four days for \$10, and lunch and dinner package for four days for \$40. Meals, provided by Marriott, will be "all-you-can eat," with vegetarian entrees always available, as well as seasonal, fresh fruit. Separate meal prices are higher. We can accommodate special dietary needs upon request. Also, airline tickets are available at discounted prices. *Time To Travel* (509-533-8898, FAX 509-533-8836) can give you quotes on all air, accommodation and meal packages. Please feel free to deal with your own travel agent, however, our prices will be much lower. Special discounts will be 10 percent off land packages with purchase of air transportation prior to May 1; 5 percent off land packages only when purchased prior to May 1; and 5 percent off land packages with purchase of air transportation prior to June 1. Call to have more information sent to you.

OFFICIALS: Most officials and all head officials will be nationally or master-ranked TAC certified officials from across the United States.

ADMISSION (For Non-Competitors): \$2.00 per day, \$5 for three-day pass, \$6 for four-day pass.

VENUE: Newly remodeled, full-depth polyurethane, 400-meter track with eight 48-inch lanes. Fully automatic timing will be used. Only 1/4 inch spikes may be used.

(application on p. 6)

THURSDAY AUGUST 13

PENTATHLON (WOMEN)
 7:00 Hurdles
 High Jump
 Shot Put
 Long Jump
 8:00M

PENTATHLON (MEN)
 8:00 Long Jump
 Javelin
 200M
 Discus
 1500M

5000M RUN (ALL FINALS)
 7:30 W/50/55/60/65/70/75
 8:15 W/30/35/40/45
 9:00 M/40/45/70/75/80
 9:45 M/50/55
 10:30 M/40/45
 11:00 M/30/35

800M (TRIALS)
 1:00 M/35
 1:10 M/50
 1:20 M/45
 1:30 M/40
 1:40 M/35

*12 or less per age group will advance to final.

400M (TRIALS)
 1:50 W/40
 1:55 M/80
 2:00 M/55
 2:05 M/50
 2:10 M/45
 2:15 M/40
 2:20 M/35
 2:25 M/30

*8 or less per age group will advance to final.

HALF MILE THROW (PRELIMS & FINALS)
 1:00 W/50/55/60/65/70/75
 10:30 W/30/35/40/45
 11:00 M/45/70/75/80
 Noon M/55/80
 1:00 M/45/50
 2:00 M/30/35

FRIDAY AUGUST 14

800M RACEWALK (ALL FINALS)
 7:00 W/50/55/60/65/70/75
 8:00 W/30/35/40/45
 9:00 M/50/55/60/65/70/75
 10:00 M/30/35/40/45

110M HURDLES (TRIALS)
 11:00 M/40
 11:10 M/35

100M HURDLES (TRIALS)
 11:20 M/50

110M HURDLES (FINALS)
 11:30 M/45
 M/40
 M/35
 M/30

100M HURDLES (FINALS)
 11:50 W/30/35
 M/80
 M/65
 M/50

80M HURDLES (FINALS)
 12:15 W/50/55/60/65/70
 W/40/45
 M/75/80
 M/70

800M (ALL FINALS)
 12:40 W/60/65/70/75
 12:45 W/50/55
 12:50 W/45
 12:55 W/40
 1:00 W/35
 1:05 W/30
 1:10 M/70/75/80
 1:15 M/65
 1:20 M/60
 1:25 M/55
 1:30 M/50
 1:35 M/45
 1:40 M/40
 1:45 M/35
 1:50 M/30

1500M (TRIALS)
 2:00 M/45
 M/40

100M (TRIALS)
 2:30 W/30
 2:35 M/80
 M/55
 M/50
 M/45
 M/40
 M/35
 M/30

100M (FINALS)
 3:30 W/70/75
 W/60/65
 W/50/55
 W/45
 W/40
 W/35
 W/30

3:50 M/75/80/85
 M/70
 M/65
 M/55
 M/50
 M/45
 M/40
 M/35
 M/30

Tentative Schedule of Events

Final schedule will be included in each athlete packet upon check-in in Spokane. Age groups may be merged into one race when the entries are not adequate for a full field.

2000M STEEPCLIMB (ALL FINALS)
 4:30 W/40/45
 M/60/65/70/75/80

3000M STEEPCLIMB (ALL FINALS)
 5:00 W/50/55
 M/40/45
 M/30/35

POLE VAULT (FINALS)
 8:00 M/65/70/75/80/85
 10:00 W/50/55/60
 Noon M/40/45
 2:00 M/30/35
 4:00 W/40/45

SHOT PUT (PRELIMS & FINALS)
 8:00 W/60/65/70/75/80
 9:00 W/50/55
 10:00 W/30/35/40/45

SHOT PUT (PRELIMS & FINALS)
 11:30 M/70/75/80
 12:30 M/50/55
 1:30 M/50/55
 3:30 M/40/45
 4:30 M/30/35

TRIPLE JUMP (PRELIMS & FINALS)
 9:00 W/50/55/60/65
 10:00 W/40/45
 11:00 M/30/35
 Noon M/60/65/70/75/80/85

TRIPLE JUMP (PRELIMS & FINALS)
 2:30 M/45
 3:15 M/40
 4:30 M/30/35

800M JUMP (FINALS)
 8:00 W/50/55/60/65
 10:30 W/30/35/40/45
 Noon M/70/75/80
 1:00 M/50/55
 2:00 M/50/55
 3:30 M/40/45
 4:30 M/30/35

SATURDAY AUGUST 15

10,000M RUN (ALL FINALS)
 7:00 W/40/45
 8:30 M/50/55/60/65/70/75
 10:00 M/30/35/40/45

400M HURDLES (ALL FINALS)
 Noon W/30/35/40/45
 12:05 M/55
 12:10 M/50
 12:15 M/45
 12:20 M/40
 12:25 M/35
 12:35 M/30

300M HURDLE (ALL FINALS)
 12:45 W/50/55/60
 12:50 M/70/75
 12:55 M/65
 1:00 M/60

800M (ALL FINALS)
 1:05 W/60/65/70/75
 1:10 W/50/55
 1:15 W/40/45
 1:20 W/35
 1:25 W/30

200M (TRIALS)
 1:30 M/70/75/80
 1:35 M/65
 1:40 M/60
 1:45 M/55
 1:50 M/50
 1:55 M/45
 2:00 M/40
 2:05 M/35
 2:10 M/30

200M (TRIALS)
 2:20 W/40
 2:30 M/80
 M/55
 M/45
 M/40
 M/35
 M/30

*8 or less per age group will advance to final.

800M (FINALS)
 3:45 W/65/70/75
 W/60
 W/55
 W/50
 W/45
 W/40
 W/35
 W/30
 4:25 M/75/80
 M/70
 M/65
 M/60
 M/55
 M/50
 M/45
 M/40
 M/35
 M/30

DECV'S (PRELIMS & FINALS)
 8:00 W/50/55/60/65/70/75
 9:30 W/30/35/40/45
 11:00 M/60/65/70/75/80
 1:00 M/50/55
 2:30 M/40/45
 4:00 M/30/35

LONG JUMP (PRELIMS & FINALS)
 9:30 W/50/55/60/65/70/75
 9:30 W/30/35/40/45
 11:00 M/60/65/70/75/80
 1:00 M/50/55
 2:30 M/40/45
 4:00 M/30/35

SUNDAY AUGUST 16

10,000M ROADWALK (FINAL)
 7:30 W/40/45

20,000M ROADWALK (FINAL)
 7:30 W/40/45

1800M (ALL FINALS)
 8:30 W/60/65/70/75/80
 W/50/55
 W/40/45
 W/30/35

10 10 M/70/75/80/85
 M/55
 M/50
 M/45
 M/40
 M/35
 M/30

4X100 RELAYS (ALL FINALS)
 11:15 W/60-65/70-75/80-85
 W/50-55
 W/40-45
 W/30-35

11:35 M/60-65/70-75/80-85
 M/50-55
 M/40-45
 M/30-35

4X800M RELAYS (ALL FINALS)
 Noon M/60-65/70-75/80-85
 M/55-60
 M/40-45
 M/30-35

4X800M RELAYS (ALL FINALS)
 12:40 M/60-65/70-75/80-85
 M/50-55
 M/40-45
 M/30-35

4X100M REGIONAL RELAY (FINALS)
 1:10 M/W

100M AGE-GRADED FINAL
 1:30 W/40/45

JAVELIN (PRELIMS & FINALS)
 8:00 W/50/55/60/65/70/75
 8:45 W/30/35/40/45
 9:30 M/60/65/70/75/80/85
 10:30 M/50/55
 11:45 M/40/45
 1:00 M/30/35



LDR/BASSICS, Inc. presents

The DANNY MARATHON RELAY and The DOUBLE DANNY 50K ENDURANCE RUN

September 13, 1992



PA/TAC Open and Masters (M/W) RELAY CHAMPIONSHIPS and BAY AREA CORPORATE ATHLETIC ASSOCIATION (BACAA) Grand Prix Event

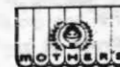


START/FINISH: San Ramon Valley High School, Danville, CA

STARTING TIMES: Ultra Run 7AM / RELAY 8AM

benefiting the Danny Foundation and it's effort in crib and baby safety consumer education

LDR/BASSICS, Inc. Hotline: 1-510-537-2009



COURSES: A 4 by 6.6 mile Relay event on the eastern slopes of Las Trampas Wilderness and a tough 50K Ultra Run through Las Trampas and the EBMUD watershed to Moraga and return. Both hilly and mostly dirt trails; both shorter than '91. (RELAY 50% paved; ULTRA 12% paved)



PRIZES/CATAGORIES: Relay is BOTH OPEN and CORPORATE with PA/TAC Pacific Association's RELAY CHAMPIONSHIPS and the Bay Area Corporate Athletic Association's (BACAA)'92-'93 Opener

PA/TAC Relay: Male/Female/Co-Ed Teams: \$1200 total prize money Open: 18-39, Masters:40-49, Seniors: 50-59 and Super Seniors: 60+ Co-Ed teams will be accepted for non-PA/TAC competition ONLY PRIZE MONEY to top PA/TAC M/W Open and M/W Masters teams ONLY (NOTE: PA/TAC residency and #'s required for prize money eligibility)

BACAA Corporate Relay: Divisions based on AGE SUM of Participants Age Sum Categories: Open < 160 yrs; Masters 160 to < 200; Senior > 200 yrs; Teams: Male/Female/Co-Ed //

Medals for 1st, 2nd, 3rd place for PA/TAC and Corporate teams Co-ed teams are 2 women minimum; 2-3 person teams welcome also.

DOUBLE DANNY 50K ULTRA has 1st and 2nd place medals <20, 21-29, 30-39, 40-49, 50-59, 60+. Plus participation medals to each entrant.



ENTRY FEE: RELAY - \$80/team; ULTRA \$50/person (before 9/5) (Note: \$100/team and \$60/person (ultra) postmarked after 9/5) Individuals wishing to do the relay course: \$25 Separate shirt design for each event!!



Sanctioned by The Athletics Congress (TAC) and The Bay Area Corporate Athletic Association (BACAA)

Send Entry form and SASE to: (Checks payable to "The Danny Foundation") The Danny Marathon Relay and Double Danny 50K Endurance Run c/o LDR/BASSICS, Inc. 1122 B Street, Suite 213, Hayward, CA 94541

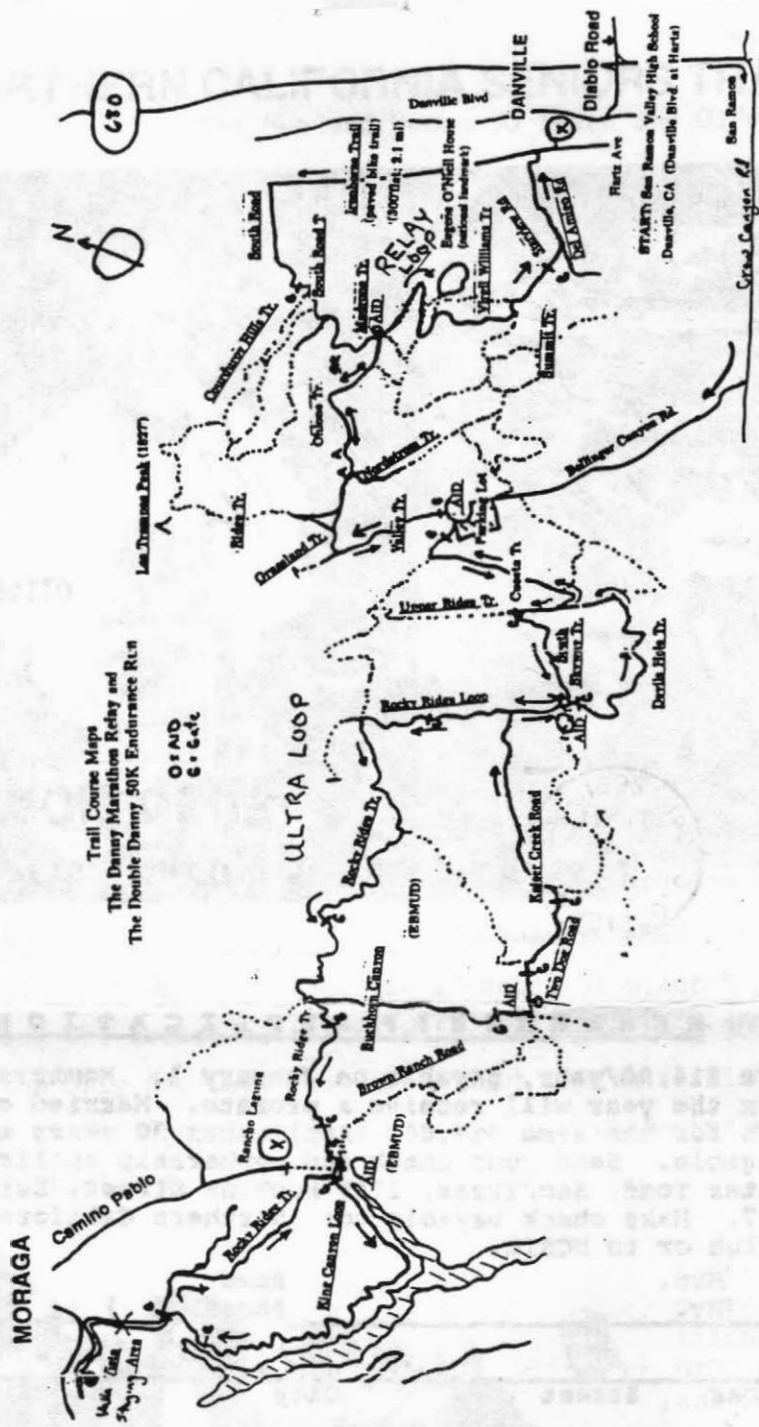
Space for Office Use Only

Form with fields for Relay Team Name, Captain, Member 2-4, BACAA Team Age Sum, Corporation, Double Danny 50K Ultra Runner, and Address/Telephone information.

WAIVER: In consideration of my accepting this entry, I, intending to be legally bound, do hereby for myself, my heirs, my executors and administrators, waive any and all rights and claims for damages I may have against the Danny Foundation, the county of Contra Costa, The East Bay Municipal Utilities District (EBMUD), the East Bay Regional Parks District (EBRPD), the City of Moraga, the City of Danville, The Athletics Congress, the Bay Area Corporate Athletic Association (BACAA), the San Ramon Valley School District, LDR/BASSICS, Inc., and any and all sponsors of the event(s), and any individual associated with the event(s). Also, none of the above are responsible for any personal loss or any other forms of personal aggravation in connection with said event(s). I have been warned that I must be in good health for this event as determined by a physician. In filling out this entry form I also give permission for the free use of my name and picture in any media account of this event. I acknowledge I have read the above and fully understand my own liability.

All entrants must sign waiver. (Parent or guardian if under 18 years) PA/TAC # and residency required for PA/TAC Relay prize money eligibility.

Signature date:..... Signature date:..... Team Captain or Ultra runner (TAC#.....) (TAC #.....) Signature date:..... Signature date:..... (TAC #.....) (TAC #.....)



DANNY MARATHON RELAY —
RUTH ANDERSON IS TRY TO GET A
TEAM RELAY (6.1 MI PER LEG) FOR THIS RELAY.